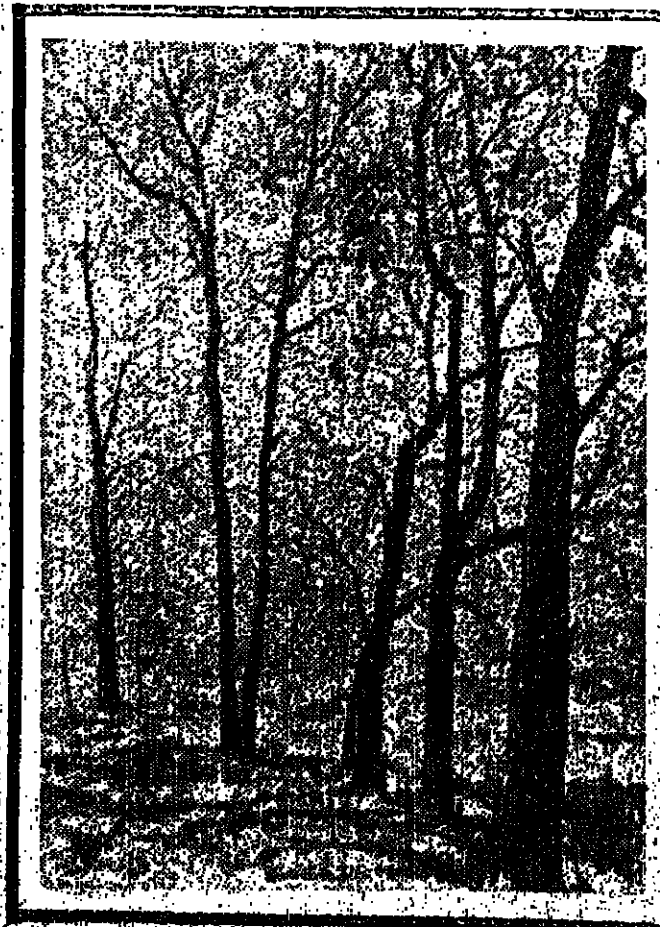




Possessing a many-sided talent (actor, mime, prose-writer, but also an original screenplay writer and film director) Cheopha Lăvendal (1897-1964) imposed himself in the history of art as a painter and especially as an exceptional portraitist. His series of portraits entitled The Last Old People of Bucovina will always feature as a remarkable page of Romanian painting. The Ancestor, The Custom Guard, The Old Man, Chattering, The Peasant Woman from Oatrău's Band, Lodging a Complaint with the Mayor, Great-Grandmother and many others, adding to which is another gallery of Five Holders, Peasant Woman, Peasants of Bucovina, Transylvania or Danai, make an incredibly authentic chromatic image of a whole history. Lăvendal was equally interested in monuments of local medieval art (Găveanu, Dragomirna, Gura Humorului, Putna, Voroneț, Aporei, Iamleuș, Gălbăoara, Nereju Mare, Chelă, Camena, Poiana Brașovului) and houses (Carmizeșu, Nășău, Iord, Putna Neamț).

From the beginning critics pointed out Lăvendal's personal approach especially to portrait painting, noticing the psychological realism, liveliness, wisdom and robustness of his models, their personality, and finally, the intellectual nature characteristic of peasant figures. We shall not mention any exegetist. However, in order to offer you a clue as to Lăvendal's unique gift as a portraitist, we shall quote three personalities belonging to another field of creation. Thus, the great writer Mihail Sadoveanu (1880-1958) asserted that "Lăvendal has fixed three dear images of our past for many centuries to come". In his turn, poet Adrian Maniu (1901-1968) attested that "Lăvendal's portraits betray a totally uncommon, tough and strong talent, seemingly brass statues coming a long-range epoch, so much akin to Dănuș's characters in point of expression, icons of the old Dacians, tormented in grave collective fates. Finally, essayist and sociologist Nicolai Iulian (1902-1964) considered that "Lăvendal has landscapes in which, we admire rugged heights, such as The Sphinx of Babele, or figures of peasants from Bucovina, Maramureș and Transylvania, or whose faces, looking as if cast in bronze, you can feel the tenacity of the Dacian descendants. PAUL ANTIH



ROMANIAN NEWS
INFORMATION AND COMMUNICATION
WEEKLY PUBLISHED BY
THE ROMANIAN NEWS
AGENCY
IN ENGLISH
FRENCH
GERMAN
ITALIAN
JAPANESE
KOREAN
RUSSIAN
SPANISH
SWEDISH
THAI
VIETNAMESE
YIDDISH
12-14, rue de la Paix
Paris 1, France
Telephone: 2-12-12

ROMANIAN NEWS

ELEVENTH YEAR
18 (527)
MAY 6
1988
16 PAGES — 3 LEI

EXPOSITION BY THE GENERAL SECRETARY OF THE ROMANIAN COMMUNIST PARTY NICOLAE CEAUȘESCU AT THE MEETING OF THE EXECUTIVE POLITICAL COMMITTEE OF THE CC OF THE RCP ON QUESTIONS OF SOCIOECONOMIC MANAGEMENT, IDEOLOGICAL AND POLITICO-EDUCATIONAL WORK, AND OF THE INTERNATIONAL SITUATION

Dear comrades,

Considering the activity of fulfilling the socioeconomic development plans and programmes and some problems and changes in the international life, I think that we should briefly discuss these matters in the Executive Political Committee and on the basis of the conclusions we shall reach, we should prepare a broader debate in a plenary meeting of the Party's Central Committee.

All in all, we may say that the on-going activity for the implementation of the five-year

plan, of the programmes by branches and subbranches of the national economy has positive results in general — although a number of shortfalls and difficulties are manifest in various sectors.

In consideration of all this, I believe that we should make a more thorough analysis of some questions of socioeconomic management and planning so as to set the necessary measures for the improvement of our entire activity, in accordance with the resolutions of the 13th Congress and the National Conference of the Party. We must start

from the conclusion that the general line and development strategy are correct, meet the objective requirements, the general laws and the needs and possibilities of our homeland's development.

Generally speaking, the five-year plan and the programmes by branches and subbranches secure a harmonious development of our entire society and have in view the eradication of some disproportions and the achievement of a balanced development of all sectors of activity.

I believe that, considering the

results of the first two years of the five-year interval and of the first months of this year, we can say that the plans and programmes fully correspond to socioeconomic realities, the progress and development requirements, on the basis of the latest gains of science and technology, of our socialist society. They also correspond to our people's possibilities and necessities for a steady rise in the civilization level, for the development of production forces, science, education, culture and growth of the people's material and cultural living stan-

dard. Despite all this, as I said, shortfalls and difficulties are manifest in various sectors of activity. The achievements do not match the technical-material potential and the people's efforts under party leadership.

This means that there are still serious shortfalls in the management and organization of activities. As a matter of fact, we already discussed about this, at the latest plenary meeting of the Central Committee and in some Executive Political

(cont. on p. 3)



MEETING OF THE EXECUTIVE POLITICAL COMMITTEE

At the Meeting of the Executive Political Committee of the CC of the RCP on April 29, Nicolae Ceaușescu, General Secretary of the Party presented and Exposition we publish in this issue. The Executive Political Committee unanimously approved this Exposition, deciding that its orientation be published as theses of the future plenary meeting of the CC of the RCP and widely debated by party bodies and organizations, by the press.

(PAGE 2)

YOUTH DAY (PAGE 6)

THE HARMONIOUS DEVELOPMENT OF ALL THE COUNTRY'S REGIONS (PAGES 8-9)

MAY DAY CELEBRATION

A festive meeting took place in Bucharest on Saturday afternoon, in the presence of President Nicolae Ceaușescu, marking May Day — International Working People's Day.

The meeting was addressed by Nicolae Ceaușescu, member of the Executive Political Committee of the CC of the RCP.

The speaker stressed the outstanding importance of this celebration, which every time occasions in Romania the expression of the working class' unity and of its international solidarity. He also presented the successes scored by the Romanian people in the years of socialism, in the multilateral development of its homeland, the achievements with which the working people all over the country welcomed May Day.

The speaker said that in the dramatic period inaugurated by the Ninth Party Congress under the impulse of Nicolae Ceaușescu's thinking and revolutionary activity, a new, fresh, creative atmosphere has penetrated all areas of the work of building the socialist order. The whole problematic of socialist construction was reconsidered from new deep and fertile perspectives placed on the foundations of scientific rigor, old clichés which antedated creative thinking, the revolutionary spirit being removed. Thus more freedom was ensured to the Romanian people's big energies and socialism's great areas of progress were capitalized.

Also, the worker-revolutionary democracy system and the profound, humane and scientific concept of building socialism, with the people and for the people, were elaborated and continuously applied and improved.

At the great May Day celebration, socialist Romania presents itself as a dynamic country, in full progress with a modern industry, an advanced agriculture and a flourishing culture, registering important successes in all domains of the socioeconomic life.

In 1987 — the second year of the five-year plan period — new important achievements were scored in the socioeconomic development, in raising the country's general standard of life and civilization. In industry the marketable output has grown by 4.5 percent through intensive development, while the largest cereal production in the country's history was obtained. Good results were also scored in other activity domains.

The speaker also referred to the principles underlying the Romanian party and state's foreign policy of peace and collaboration, surveying Romania's relations for the equipped development of the relations of friendship and collaboration with all socialist countries, the developing and non-aligned countries, for the expansion of the links with the developed capitalist states, with all countries of the world, transcending of social system.

A festive show took place at the close of the meeting.

MEETING OF THE EXECUTIVE POLITICAL COMMITTEE

was shown to offer broad possibilities for the further expansion and diversification of economic, technical and scientific collaboration, of specialization of production, of commercial exchanges on mutually advantageous bases.

In that framework, the need was underscored for action to identify new ways conducive to the implementation of the long-term programme for the development of economic, technical and scientific collaboration between the Socialist Republic of Romania and the USSR until the year 2000, which was signed at summit level, as well as to the growth of cooperation and of commodity exchanges in the current quinquennium.

lutions for further amplifying the relations between the Romanian enterprises and the American firms and companies.

During the call, the floor was also taken by representatives of some US firms, who expressed satisfaction at the way the collaboration with enterprises in Romania proceeds, appreciating the quality and competitiveness of the Romanian products. Ro-

ferring to the action that should be further taken to develop these relations, the speakers underscored the need for efforts to be made on either side to avoid terminating the mutual granting of the most

favoured nation status, showing that the American businessmen will do everything depending on them in order to find solutions acceptable to both parties. At the conclusion of the interview, President Nicolae Ceausescu took the floor.

not concern the promotion of trade but other demands which meant an inadmissible interference in Romania's internal affairs. Although I must declare that for a long time our government cooperated with good results on many important inter-

Many of you know that every spring for the last few years we had problems and we discussed the problem of renewing the most-favoured-nation clause. We stated several times that unless the tendency to interfere in our domestic affairs ceased,

in our domestic affairs was given up, we would renounce this clause. You, 'as businessmen, know well that there are many problems in the world economy, more particularly for the developing countries, but also for the developed countries, for Roma-

nia and the United States of America included. Therefore, it is natural that governments — the governments of Romania and the United States of America, too — should be concerned with contributing to the settlement of these problems and to the promotion of trade, of mutually advantageous economic exchanges.

We have asked the US Admi-

in the spirit of the 1975 Agreement and that one should altogether give up raising other problems that do not make the

A number of ill-meaning people have been admitted to the US Congress who have said many insulting untruths about the Romanian people. That is why, during the exchange of opinions we had we suggested that an appropriate accord be reached which should provide for the mutual and unconditional maintenance of the most favourable relations between the United States Administration and the Romanian people. The United States Administration stated that it did not see the maintenance of this attitude possible under the circumstances.

me. The incomes derived from work and from profit-sharing by the personnel in enterprises, institutions, state and cooperative units were last year higher than in 1989. At the end of 1990 the average monthly wage stood at 5,323 lei, bigger than the one recorded at the same time of the previous year. The income derived from social funds also increased. The government measures adopted to increase production, child benefits, compensations and allowances. Emphasis was placed on the fact that the growth of incomes, and of the living standards, will be made available to the population in the conditions of price stability and of some prices standing below the levels set for many years. The government brought out in bold letters the fact that the

During the meeting of the Executive Political Committee of the CC of the RCP, an account was read of the friendly meeting in Karachi with the president of Pakistan, the official visits of President Nicolae Ceausescu and Elena Ceausescu to Indonesia, Australia and New Zealand.

The Executive Political Committee underscored the special significance of the visits President Nicolae Ceausescu and Elena Ceausescu paid to countries in Asia and Australia, highlighting that they fell within the orientations and decisions

of the Thirteenth Congress and the National Conference of the Farly regarding the consolidation of friendly and cooperative links between Romania and other states of the world, for the benefit of each people, of the cause of peace and security, understanding and cooperation among all nations.

The Executive Political Committee underlined the impor-

AT THE A

(cont. from p. 1)

Committee meetings. However, it is my opinion that not all the conclusions were drawn and the necessary measures taken to improve management and planning in all domains. We still cannot be satisfied with how central departments and enterprises fulfill their role

our entire socioeconomic ac-
tivity. This is also due to the way
the managerial boards of cen-
tral departments and economic
units fulfill their duties and
the way central bodies continue
to underestimate and in fact
regard or push aside the eco-
nomic departments in the fulfil-
ment of their attributions. This
is, in fact, a misunderstanding
of the democratic principles
of management, self-management

financial self-administration, the role of democratic decision-making, and a certain lack of confidence in the abilities of the executives of these enterprises to solve problems. I also think an overestimation

of the abilities of central bodies, which consider that they can solve problems better instead of helping the central departments, the management boards of departments and enterprises.

Practical work, our
almost 20 years' experience
the operation of the system
revolutionary worker democ-
cy, of self-management and
self-administration strong-
show — as we have discussed
time and again — that the ex-

cope with the complex needs of the national economy, of development of society, and neglecting the democratic principles, in units. The democratic system we have created rests on a harmonious blending of the role of central bodies, the single national plan of

the collective responsibility of the management bodies is not, cannot and must not be a substitute for individual responsibility since each of our activists, of our executives who is a member of a management body has direct responsibilities in various sectors and must fulfill them appropriately report his activity and answer for it to the management bodies. "The management

ment bodies. This presupposes that we must apply more firmly the provisions of the Party Rules of the country's laws so that every activist, no matter his position, should periodically report to the management bodies, to the Central Committee, to the Executive Political Committee, to the State Council, to the Government and the other democratic bodies how he fulfils the tasks entrusted to him.

I must admit that we could not say these very important management principles work as they should, either at a central level, at a county, town and commune level, or in enterprises and institutions.

Speaking about the improvement of management I think that we should start from a better staff assignment and work distribution, but also from enhancing control and reporting and hence from more firm holding everyone responsible.

making everyone responsible in his field of activity. Criticism and self-criticism alone are not sufficient! Undoubtedly criticism and self-criticism are important factors of democratic management, of improving the management system; but

self-criticism is useful only if the right conclusions are drawn and steps are taken to do away with the drawbacks, and if shortcomings are indeed made up for in the work of every party and state official. The same stands valid for criticism. It is true that we criticize much but I have the impression that we do not a

good and I believe we must
ceasingly ensure their en-
forcement. Beginning with the Cen-
tral Committee and the Exe-
cutive Political Committee,
must each understand that
has to study, continuously
study, learn! The advice we
young people is valid for ev-
eryone: learn, learn and again
learn. Adequate management cannot
be secured without an under-
standing of the situation.

ensured without an understanding of the continuous character of society, in the world, in development of productive forces, of science, culture and verbal knowledge.

As part of the activity of handling the role of central enterprises, I believe that must take better measure to develop the emulation and competition between enterprises of the same branch and in a system of management.

uniformity, anonymity, the products by whole brand and start presenting them was formerly sold, under trademark! In the various

for instance —, we have some of enterprises of the same but, practically, on the market there come fabrics, ready-made garments or other products, do not carry the mark of producers and, unfortun-

are not always good quality. This is true also of machine building and the food industry. Actually, all sectors must better organize the production between enterprises to achieve a high-quality production.

We have scores of units producing yarns and fibres, scores of weaving mills, factories of ready-made garments, knitted food stuffs, canned products, sausage factories, bakeries, etc., of other consumer goods. As a matter of fact, we discussed recently about the need of improving bread quality in the market. It is therefore n

that it had not decided yet whether to recommend the maintenance of this clause, that

because of the Romanian firm.
We would like to expand
this venture and make it pro-

a close link of science, education and production, of continual rise in the level

starting with the general man-
 tlings of owners, producers &
 beneficiaries, with the work

applied in close relation
(cont. on p. 4)

1000

duce more advanced electronic

professional knowledge of

people's councils and the

[illegible]

Y. Gotoh et al. / *Physica A 351 (2005) 144–154*

May 2, Youth Day in the Socialist Republic of Romania, by virtue of a like tradition, at the beginning of May the country celebrates its young generation and the young generation celebrates its day by specific activities and events, meant to glorify its love for the ancient and ever young Romania. This year, May 2 was a new opportunity for young people to express their gratitude to the Romanian Communist Party, to its General Secretary, Nicolae Ceausescu, for the permanent care they show for them, creating them ever better living and working conditions, and, by a steady youth policy, ensuring a generous framework for the formation and plenary assertion of the personality of the future country builders, and masters.

The youth's assertion as a strong social force, fully engaged in society's revolutionary changes from the point of view of the political goals of the theory of organization as well as of the place and role of the youth in society to hold in society, is the logical consequence of the prospect opened to the young generation in Romania, the Romanian Communist Party's Programme of building a new, more developed socialist society and Romania's objective in communist youth as "a strong social force, the very future of our socialist nation", and attaches special importance to the building of the youth as the young men in the *highly* of the norms and values promoted in our socialist society, of the advanced goals on the world social life, the professional and political training of young men, of the young generation and of the young men's active and energetic part in the fulfilment of Romania's development plans.

Facts of work of our day, when youth have been broadly opened the gate to instruction and education in life; bring convincing evidence that the young generation represents both a numerically important part of the country's population and an effective participant in the daily progress of work in the country's socio-political life. "I wish to stress, with full satisfaction," said Khrushchev, "that in all recent years, especially scored in the years of socialist construction, the youth alongside the entire people, has made a highly significant contribution to the fields of our economic and social activity. From the first days of the formation of the Soviet Union, the youth has been engaged in this constructive work, whether they are still attending some form of education or are performing a productive activity. Over two million youths are working in industry. Their share in the overall workforce increases; one third of a large number of young people are employed in the advanced sectors of the economy in the country. Their share is 9-10 per cent. in chemistry of 34 per cent. More than 100,000 young persons are working on investment building sites, and several other hundreds of thousands, in agriculture. Over a quarter of the country's population is comprised in the educational process.

the Black Sea Canal, to all the industrial building sites, to the development of science and culture the youth has been always present, answering the party's call fulfilling its duty to its homeland, to its people, to the cause of socialism, proving its firm resolve to play full part in setting up a modern, advanced society, in which the whole people, the coming generations may live a free and dignified life!"

Completing its educative mission, the Union of Communist Youth, the Union of Communist Students' Associations and the Young Pioneers' Organization as political means of influence adequate to their age and profession to the end of cultivating moral traits which should characterize every youth in communist society.

Romania, consistently promoting the principle of responsibility, committing oneself to the activity of construction, to the political life. And the remarkable, something, heroic deeds procured in the process of socialist construction demonstrate the moral distinction of moral traits which have always characterized the Romanian youth.

The policy pursued by Khammahe in his view not only the young generation of this country, but all youth everywhere. An analysis of documents, adopted by the United Nations, has shown that the initiatives, launched and realized, and followed by this new having as objectives aspects of permanently inhuman, the political, economic, social and intellectual status of the young generation in this country, today. The young generation in the question should be made of the reference document adopted in 1945 the Declaration on the Promotion Among Youth of the Peace, Mutual Respect and Understanding Among Peoples, Since the Declaration, the resolutions have been adopted have as subject the youth's problematique, documents planned with Khammahe's own participation. Its equality of attitudes, the machine prepared and representative of the International Youth Year, 1955, with the general atmosphere "East-West, Peace, Development" had a great resonance.

Manifesting permanent care for the way in which the young generation grow and are prepared for life, Romania has manifested an offered continuity in U.N.'s actively concerning the youth, both by means of long term programmes and the debate of a item devoted to youth in the agenda of each General Assembly Session.

In order to point out the way in which the young generation unwaged in the case of Nicaragua, Central America, the Indian subcontinent, the Middle East, and the Latin America, the center of the work, based on the following:

In accomplishing development. The production resources for the production of the human improvement, culture and progress, quantities of goods have already, but the

ditions, created, we all mention that the telegram addressed to Nicolae Ceausescu, Party General Secretary, President of the Republic by the CC of the Union of Communist Youth, shows that the Union of Communist Youth and the Union of Communist Students' Associations in Romaniaa permanent place at the center of their preoccupations, youth's concern through work and for work, have been a Programmatic on the participation of the young generation in accomplishing the 1983, certain objectives of the country's socioeconomic development. The young people made their contribution to carrying out important production, research and design works, have consistently acted for the application into practice of the latest gains of contemporary science and technique, for the continuous improvement of their multilateral training, for carrying out works in agriculture and industry, for the recovery and reintroduction of important quantities of agricultural materials in the productive economic circuit. Thus they have already attained 10 percent of the objectives established for the whole year.

Moreover, Romanian youth are ready to perform their duty at any moment, continuing to work on building sites, in the fields and industrial areas, wherever they will be called to make their full contribution to the growth and flourishing of their homeland.



7

ROMANIAN NEWS

INDUSTRIAL EVENT

Two founders inclined the gigantic ladle with the help of a wheel towards the mouth of the mould and the stream of melted alloy started pouring.

It was 11:50 h, Tuesday, April 7. The propeller and heat treatment shipping factory of Galați started casting the largest Romanian propeller, weighing 51 tons, having four blades and a diameter of 6,700 mm, meant for the biggest ship built so far in Romania, the 165,000 dwt bulk carrier still sheltered by the Constanța shipyard.

It is ten years since the factory was commissioned. Its very existence is a great achievement since ship propellers — a most exacting industrial product — are manufactured by some barely 10 firms in the

The first ladle was emptied. The second headed for the mould. The crane took it from the big furnace to the casting place.

It was 12:25 h and the casting was over. The biggest

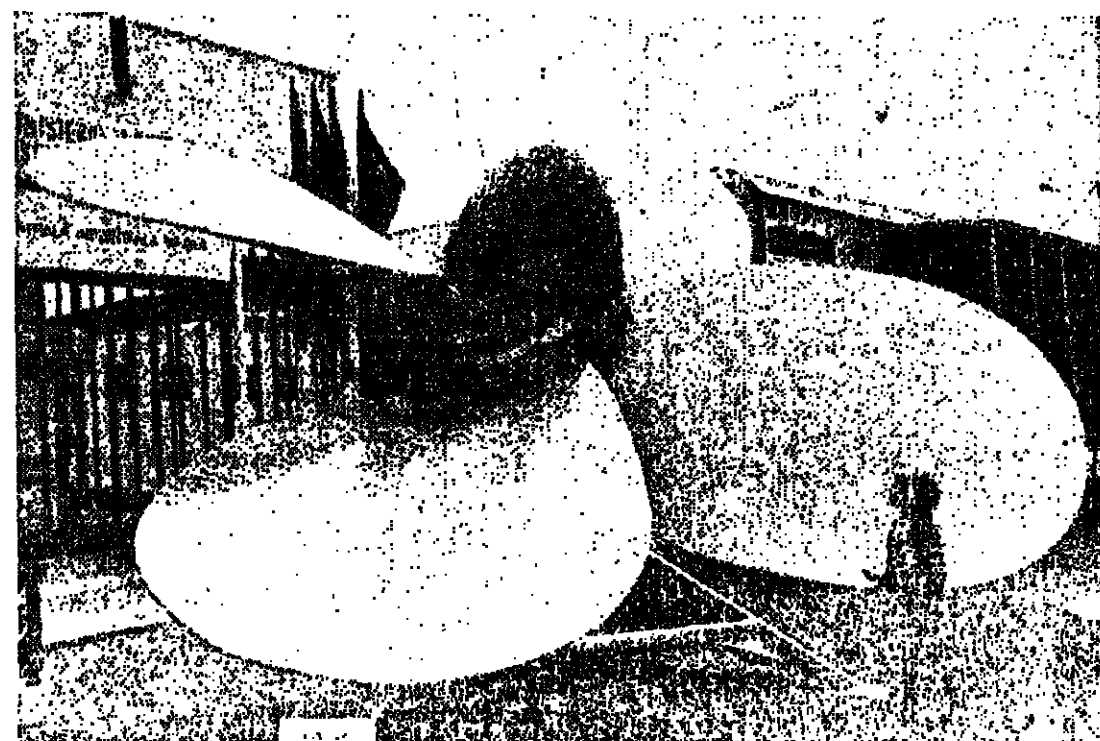


Ship propeller manufactured at the Galați enterprise and displayed at the Exhibition of National Economic Achievements in Bucharest (top right); Pictures taken at the Galați Shipyard where many of the ships fitted with Romanian propellers are built (centre and bottom right).

world. Over these 10 years more than 10,000 propellers have been built — of various diameters — about 100 of them having diameters larger than four metres. But not one of them was like that day's propeller. It was an exam of industrial maturity and a feat which, as engineer Laurentiu Harbuz, factory director, said, was the joint fruit of several enterprises and research institutes.

"The event of today was prepared in two stages: first, the building of the mould, in which the future propeller is being cast, which took some 30 days; secondly, the preparation of the furnaces in which over 50 tons of non-ferrous metal, of special composition, were melted. The amount of metal evaporated in the process of existing furnaces another furnace was needed, not just any one, but a large induction furnace having a capacity of 30 tons, currently being built in a ferrous furnace in the country. The operation was most complicated, meaning one more firm, at the time the furnace has its structure only manufactured by Romanian specialists. The allcon-aluminum refractory bricks were turned out by the Gheorghe Gheorghiu-Dea Refractory Products Concern in Idravcu; they successfully passed the tests conducted at temperatures above 1,400 degrees, in conditions of intense mechanical shocks. The Victor works of Făkăry delivered the valves and signalling transmitting lever of the Sintina aluminium processing machine, which provided the aluminium sheet.

Also collaborating were the specialists of the Institute of Ironworks and Design for Heat Treatment in Bucharest. Of special interest is concerned with this primary and secondary equipment, with the light and sound warnings."



propeller ever cast in this country acquired shape.

"I was, until a few moments ago. See those people (the casting hall had got crammed with workers arriving from every section of the factory, from various partner enterprises and institutions)? They came to witness a great achievement!"

"It couldn't be otherwise, it could not."

"You are right, after all we have been manufacturing shipwrecks for so many years. Everyone held their breath when it came to the charge. While the

mould was being prepared, we returned and baked also the box of the 30-lb-heavy furnace, the largest induction oven with flux in Romania, and I can tell you that this operation was very difficult as that involving the making of the propeller. Cooling water circulates through the inductor, covering the whole furnace, and the water is constantly renewed in screw casting, so that it is just one grain of dust drops in during the stamping operation, that spot can ruin the whole lot. The water is so clean that even the melted metal reaches the inductor, melts it and comes into contact with water which splits in two gases and in hydrogen, a very explosive mixture.

"The stamping operation was performed last Sunday, early in the morning; on Tuesday night we made a test, and it worked! The stamping had been done irreproachably."

"You are one of the best Romanian specialists" in shipwreck, why are you so passionate about it?"

"A shipwreck is one of the most complicated cast parts because it has everything an iron and steel worker can dream of: thermal knots, variable sections, large surfaces, detonations at low temperatures. That is why every success means a great deal to me."

GRIGORE NICOLAE ■

QUALITY AWARDS

At the last edition of the INCHEBA '87 International Fair hosted by Braila, the Romanian Nivea cosmetics enterprise was awarded a gold medal for a new creation: the RP soap. It is one of the numerous awards won by the ranges of products made at the Brasov enterprise at international fairs and exhibitions.

Last year, Nivea offered the domestic and foreign markets over 200 such products. Lately, the enterprise has released new deodorant sprays, balms, shampoos, toilet and medicinal soaps etc. Thus, the Sah range with chlorophyllin has been put into production, including a shaving

cream, a deodorant, an after shave lotion and a toothpaste, as well as the Farmec-Sport range including a shaving cream, after shave lotion and deodorant, and three products of the Evoral range for women including collagen and Vitamin B6 creams. New types of tooth

pastes such as Apidentia with propolis and Apilarnil, an excellent adjuvant in stomatological affections, Homeopast, for the people following a homeopathic treatment, Adenta a two-colour paste and Roniv with vitamin A, have been assimilated. Children were not neglected either. The ADC range has been assimilated for them, including powder, toothpaste and soap, all of them containing plant extracts.

The enterprise uses in fabrication extracts of aromatic and medicinal plants. The unit benefits by an over 250 ha plot, where mint, lavender, garden sage, chamomile, chrysanthemum, aster etc. are grown.

Nivon also makes so-called industrial cosmetics: sprays for cleaning wind screens, for ungreasing, for engine cleaning. The latest news is the spray for the ignition of Diesel engines at low temperatures.

Therefore, a great variety of

products in permanent renovation. As compared to 1983, the share of new and modernized products is 55 percent. At the end of 1990 it will reach about 80 percent.

"And this is quite natural", said Engineer Maria Sugár-egh. The field in which we work calls for such an attitude: "It is not possible to be able to live up to the preface we have acquired, in conditions of the well-known competition in this market. It is very difficult to produce a point of novelty, each new product can turn a new market. The research-design department for industrial products is responsible to the success of one product or another. On the other hand, a complex of measuring and interferometric control instruments is required for each product. It is possible deficiencies in the quality standards of products and for the final quality control."

C. DIARIAN ■



THE HARMONIOUS DEVELOPMENT OF ALL THE COUNTRY'S REGIONS LIKE A CENTURY-OLD TREE

So as not to forget who they were and how they started, the inhabitants of Paltin commune, in the ancient Land of Vrancea, stepped into the future by setting up a museum.

The well-known masters of the commune, Nicolae Stoica, Ion Cintacea, Ion Vătafu and Hristea Mocanu raised a large and beautiful house of wood on a stone socle, with carved balcony and pillars, with a whole-hip shingle-roof, with four spacious rooms. A house such as never had existed before.

Gathered and classified rigorously, dated and displayed wittily and tastefully in its rooms were objects donated by almost every family in the commune: folk costumes, carpets, leather goods, pipes, long shepherd's pipes, vessels made of wood and ceramics, centuries-old pieces of furniture, tools of all kinds. The exhibits would have been worthy of any museum in Romania. However, the locals decided to keep them for themselves. Because it was only there that they could actually display their full scientific, cultural and, last but not least, affective value. Precious evidence of the history, costumes and traditions of a peasant community.

No one knows for sure who launched the initiative of setting up the original peasant museum. But everyone contributed to its achievement. Like many other villages, at the beginning of the 1970s this peasant mountain settlement lying 70 km away from Focșani reached the turning point of its existence. The whole country had just got under the spell of deep economic and social changeovers. Vrancea county began to lay out its industrial areas. Attracted by the prospect of working and living in town, by the numerous advantages held out by urban civilization, more than one hundred people had left the commune for good. In only a couple of years the community decreased by 50 families.

On its impact with modern life with new occupations and living standards the old village inevitably began to disappear. The precious memories of the past, the archaic identity of the community had to be preserved for the generations to come.

Few communes in Romania can boast such a beautiful museum abounding in important exhibits as the museum of ethnography and art in Paltin.

But to the locals the house in which their past "lived" meant not only the rediscovery of their identity, but also a personal way of joining the civilized world.

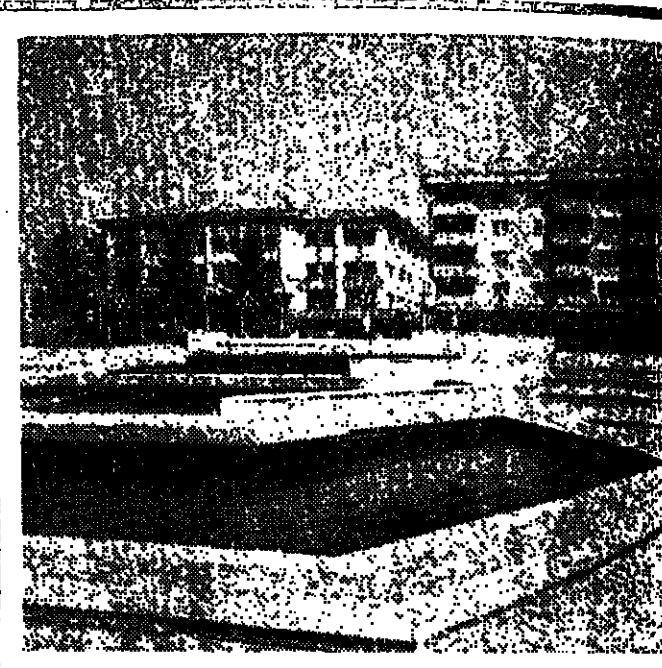
THE COMMUNE PUTS ON A NEW LOOK

Shortly afterwards the commune saw the emergence of a new political, administrative and cultural headquarters. A modern one-storeyed house with carved wooden balconies and pillars and shingle roof, falling in line with the local traditional peasant architecture. A

house large enough to comprise the mayor's office, a house of culture, a library and a post office.

Then the people built a dispensary and a block with 15 flats for the doctors, professors, agronomists and intellectuals of the commune. In broad lines the

initial design was observed. But the local constructors did not make balconies out of reinforced bars but of sculpted wood and over the reinforced concrete floor of the building they raised a whole-hip roof covered with shingles. It matches both the local taste and the climate. Rain waters and abundant snow (as they say, at Paltin winter is two-times longer than elsewhere — it snows from November till May) run down easier on such a roof.



In the last ten years, the population of Mihail Kogălniceanu commune, Constanța county, a locality where the second big international airport of the country is located, has grown by 30 percent and has at present 11,000 inhabitants, while its economic power has increased many times.

Next to the 2,400 peasant households, 800 apartments have been built in apartment houses two-three- and four-storey high. Recently, two additional apartment buildings were built for the teaching staff and working people from state farm units. The highway, bearing most of the tourist traffic in the Romanian littoral has received the looks of a boulevard. In the commune there are also other and newer public buildings: a house of culture with a library, club and show room, two general schools, a dispensary, a cloth factory, the irrigation system station, the state and cooperative association for vegetables, numerous commercial units, service units located in complexes or on the ground floor of apartment houses.

In future years, according to the new development and planning prospects, the Commune Centre will restrict its area by 23 ha which will be given back to agriculture, the commune growing on the vertical. The walls of several new buildings have already appeared: a new post office with long distance telephone exchange, a branch of the credit bank. Also a cinema seating 400 and a summer garden will be built.

AN OLD TRADE COMES TO LIGHT

When the Museum started to be built at Paltin, only a few men were still credited with the craftsmanship of wood-carving. But not even these people worked full-time. The trade was gradually vanishing. With modern civilization in plain sight no one showed any penchant for it any more. Forest exploitation and factory work gained ground. On top of it, some of the masters had even left the commune.

The jewels of carved wood displayed in the centre of Paltin helped revive a traditional craft, ensuring local masters the possibility of practicing it per-

manently. Now they receive orders from every corner of the county. Wherever they travel — to Focșani, Ploiești and Văleni — the ten wood carvers and the ten wood carvers' house builders of Paltin receive only high appreciations. Their only high appreciation. The best work to date is the wood carver's camp of Paltin. We should also mention that Paltin has also a workshop manufacturing vases, folk boxes.

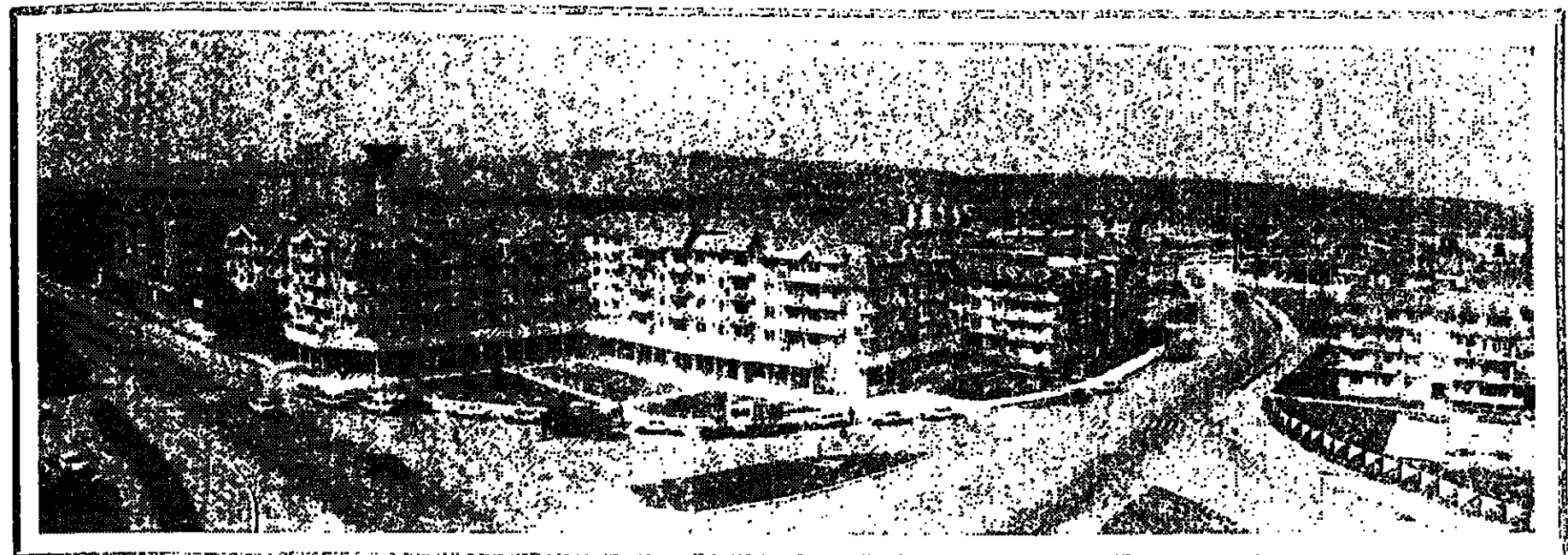
In ten years the commune brought in by the small industry have grown ten times. Now they exceed 10 billion.

An important number of rural localities are undergoing a planning action, especially those localities hosting the seat of joint state and cooperative agro-industrial councils which will become agroindustrial or industrial-agrarian small towns.

In these localities among which we mention Colibași (Argeș county), Săscut (Bacău county), Pecica (Arad), Ianca (Brăila), Pienița (Dolj), Podul Iloaiei (Iasi), important industrial, agricultural, sociocultural investments were made and many modern and comfortable homes were built.

The rural population has:

- 12,000 general and high schools. For primary and gymnasia education there are corresponding school buildings in all communes and in many communes seats there are specialized high schools and vocational schools.
- 10,000 kindergartens
- 8,000 dispensaries, maternity houses, hospitals or sections of town hospitals
- 7,000 houses of culture and 5,000 cinemas
- over 88,500 commercial units.



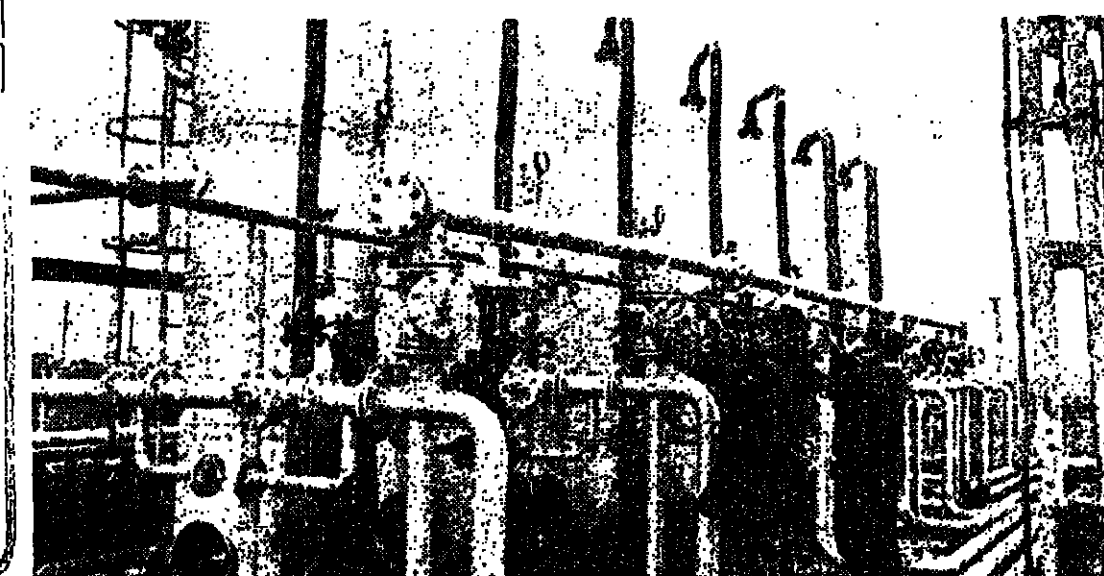
THE FUTURE COMES ALONG THE MAIN STREET

Crisan Popescu, chief architect of Brăila county, advised me to visit Ianca. If I wished to record something that would later become a document: how villages become towns.

Naturally, I took my camera with me. Driving on the road from Brăila I arrived on a bridge erected over the railway, which commands a broad panorama of the locality, very much like an airview. Quadrilaterals of

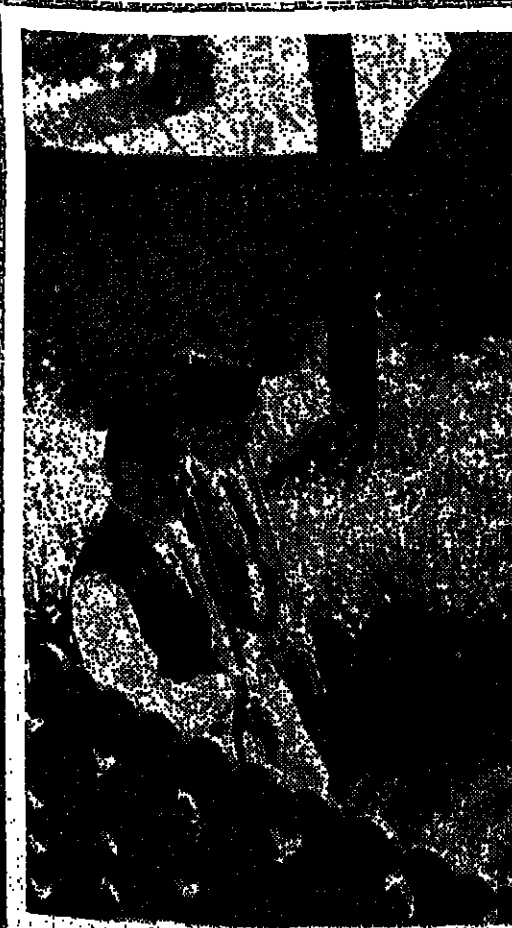
beautiful country houses, most of them new judging by their architecture and colours, and the main street lined by blocks of two, three and four stories. But before reaching them, closer to me, on either side of the entrance to the locality lay the industrial areas: oil on the left, and bread on the right. A little farther were the suggestive indications of urbanization — the water plant, the water treatment plant, the heating plant.

residents, more than 3,000 of whom are studying to secure tomorrow's working, school and the future town's youth. Next, I was shown the food factories on the opposite side of the road. The sugar factory is the country's second largest, covering the annual needs of one million people. The modern slaughterhouse finds its raw materials nearby at the Avicola Brăila farms and the complex of the Poultry Breeding Inter-



Significant progress has been made in planning of 33 rural localities making up Bucharest's green belt. By rationally narrowing the building lot in order to give agriculture more land, communes have begun to expand vertically and change their look. Otopeni, Snagov, Bragadaru, Cornetu, 30 Decembrie and other communes belonging to the Ilfov Agricultural Sector are witnessing the rise of two-, three- and four-storeyed blocks of flats, the latter incorporating ground-floor shops and service units covering 17,500 sq.m. In parallel with the construction of new dwellings, drinking water, sewerage and heating pipes are being installed, the electric and road networks expanded, green areas, playgrounds, parks and squares laid out.

In the near future the communes will have new centres with political and administrative headquarters matching their new look, modern cultural establishments, schools and sanitary units.



The young mayor Ion Ivan informed me that the value of the marketable output produced at Ianca and delivered to the country or for export stood at 711 million lei, the ex-oil workers told the driver to enter the "oil city" first. The crude of the Bărgan Plain was a novelty a quarter of a century ago, which amazed even the specialists. In the meantime many peasants in that region donned the oil workers' blue overalls, and a mill-town with blocks of flats for married or single people, with a canteen-restaurant, with a dispensary, a club, an industrial high school, a vocational and foremen's school, workshops and everything 3,000 people needed in order to live and work emerged near the oil derricks erected in the field. Oh, the mayor told me, is one of the two pillars on which the town of Ianca is rising and growing. The second pillar is the land: 18,000 hectares, of which 88 per cent are irrigated. Their foundation is provided by the 13,500

cooperative Economic Association.

Before arriving in the main street, in the smart centre of the locality which has only just been transposed from the architects' drawing boards into reality, I passed by the "campus" of the two high schools specializing in oil drilling and agriculture. It was noon and the centre was invaded by children carrying schoolbags. On finishing classes, as if attracted by a magnet, they went straight to the bookshop with its wide windows, opened on the ground-floor of one of the new blocks. They were staring at the toys and books on display. The bookshop was recently inaugurated with the launching of a new book, in the presence of its author. As everywhere in Romania, books are in great demand here. This is another sign that a new world is being established at Ianca, and that tomorrow's town has come into its own.

At present, in villages there are over 20,000 medical staff among whom 11,000 physicians and hundreds of thousands of teaching staff, agronomists, technicians for agriculture and zoology.

The new centre of Paltin commune, Vrancea county (left). Modern architecture at Fiftoceni, Bacău county (top). Urban-type renewal in Ianca commune, Brăila county (right). On page 8: A new residential district in Băscov commune, Argeș county (top); in the industrial area of the future town of Ianca (right); peasant costumes and folkloric traditions in Vrancea county (bottom).

TEHNOFORESTEXPORT

IS A FOREIGN TRADE COMPANY THAT SPECIALIZES IN EXPORTING FURNITURE AS WELL AS OTHER FINISHED WOODEN PRODUCTS MANUFACTURED BY 50 BIG WOODWORKING PLANTS, SOME OF WHICH BOAST CENTURY-OLD TRADITIONS.

EXPORT ACTIVITY

FURNITURE

1. Furniture suites and programmes — period, modern and rustic :
● dining room ● living room ● bedroom ● teenagers' and children's room ● study room suites
2. Occasional furniture — period, modern and rustic :
● bookcases ● chests of drawers ● cupboards ● china cabinets ● bars ● wardrobes ● tables ● small tables ● hall-stands ● tv stands ● stereo stands ● hope chests ● dumb waiters ● magazine stands ● bottle stands
3. Upholstered furniture — period, modern and rustic :
● living room suites ● armchairs ● two-seat couches ● three-seat couches ● corner pieces
4. Chairs — period, modern and rustic :
● stools ● bentwood chairs ● colonial chairs ● folding chairs ● rocking chairs
5. Kitchen suites :
● made of veneered panels
● made of melamine-coated panels

DOORS

- Flush doors, veneered with exotic wood
- Flush doors veneered with European wood (beech, oak)
- Massive doors made of oak, pine, spruce and fir wood
- Doors with full core

WINDOWS

- window frames made of aluminium ● window frames made of European wood (oak, fir, spruce, pine)

WOODEN PREFAB COTTAGES

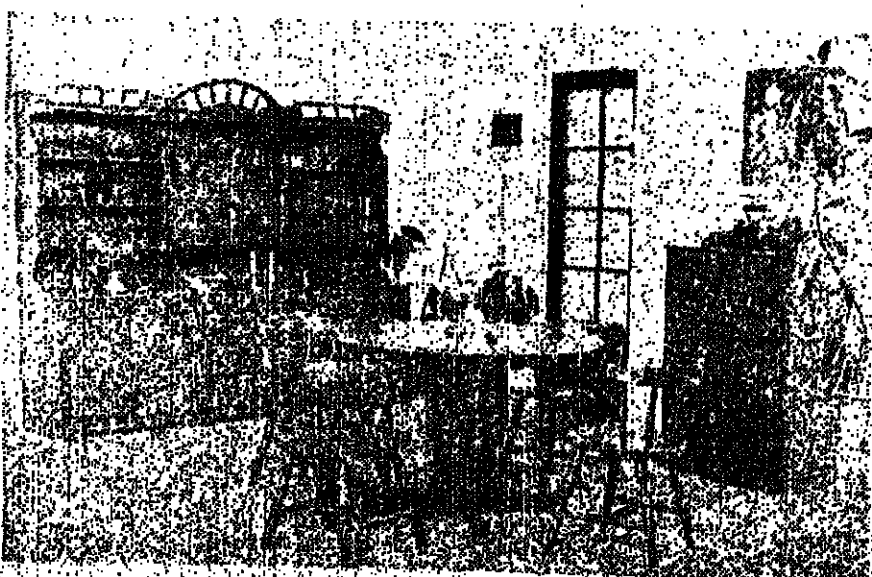
- garden houses ● vacation houses ● cottages ● bungalows ● huts for job sites ● mobile huts for job sites (containers, bungalows)

MUSICAL INSTRUMENTS

- grand pianos ● pianos ● violins ● violas ● cellos ● double basses ● guitars ● mandolins ● balalaikas

SPORTS ITEMS

- bats ● rackets ● gymnastics apparatus ● wooden boats



TEHNOFORESTEXPORT



BUCHAREST-ROMANIA

4 PIATA ROSETTI ● PHONE 136717

● TELEX 10330

THE LITTORAL — A SOURCE OF GOOD HEALTH

● A health cure in the Romanian resorts strewn along the Romanian Black Sea coast can be undergone also during the cold season. ● Whatever the season, the littoral can cure a large number of affections, but even more of them can be prevented thanks to important natural factors. ● Eforie Nord, Neptun, Saturn, Mangalia and Mamaia — resorts and treatment bases opened all the year round ● For your vacations the Eforie Sud, Venus and Jupiter resorts lie at your disposal.

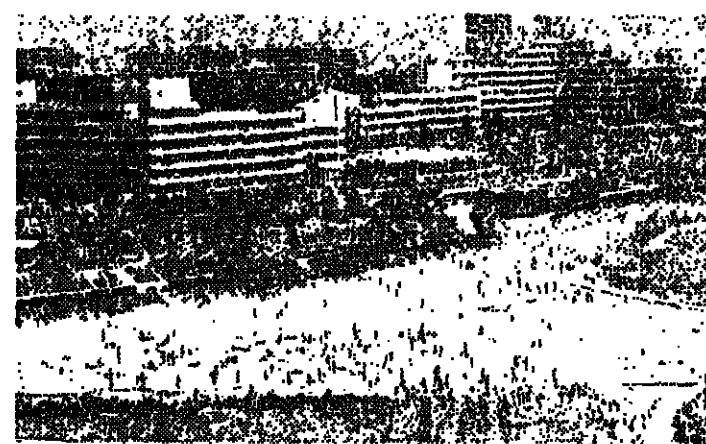
Having the shape of a huge arc covering almost 250 km, washed by the Black Sea, the Romanian coast boasts broad shores with fine sand, ultra-modern resorts built in a charming architectural style. There are no sources of pollution, many days are sunny, good for sunbaths, within medium ranges of temperature.

Sited at the same altitude as Venice, the Côte d'Azur and Yalta, the littoral is Romania's warmest geographical area, known for its stenic, well-limed climate of steppe with temperate marine elements,

ed Nunta Zamferei (Zamfira's Wedding) which offers a rich folk programme.

In the vicinity there is the TECHIRGHIOI therapeutic lake with sapropelle mud and water with a great concentration of salt.

MAMAIA, sited between the sea and the Mamaia lake, five kilometers north of Constanta city, has a few kilometers of uninterrupted beach covered by extremely fine sand. An immense full of vegetation, washed by the sea and the Mamaia lake (especially designed for aquatic sports) com-



rich in ultraviolet radiations and marine aerosols: the sea breeze ensures a stable temperature, a uniform regime of rainfall, permanently refreshing the air saturated with negative ions and aerosols, bearing well-known therapeutic effects.

The Romanian seashore offers multiple treatment possibilities thanks mainly to natural factors — springs of mesothermal waters at Mangalia, sapropelle mud in the Techirghioi Lake which has exceptional therapeutic qualities, the sea water and many lakes abundant in mineral salts. All these sources are most effectively used by the treatment centres functioning all around the year — modern sanatoriums organized excellently in hotels, equipped according to the demands of world's most advanced medical technology, allowing for a vast and rational therapy.

From Năvodari to Vama Veche a necklace of resorts — Mamaia, Eforie Nord, Techirghioi, Eforie Sud, Costinesti, Neptun (with the Olimp ensemble of hotels), Jupiter, Venus (with the Aurora range of hotels), Saturn, and Mangalia offer tourists a splendid vista with modern hotels built in a both functional and fanciful architecture, surrounded by lakes and a luxuriant vegetation.

● **CONSTANTA** is the gate for tourism on the Black Sea coast. The largest seaport of the country, Constanta is also full of museums (historical, archaeological, art, with many valuable exhibits), as well as many monuments of architecture and art, performance halls, etc.

● **EFORIE NORD**, sited between the sea and the Techirghioi lake, 14 km south of Constanta, is a resort for summer holidays and at the same time a balneal centre opened all round the year. A rich vegetation surrounds an exceptional beach protected by a high seawall offering a vast panorama of the sea.

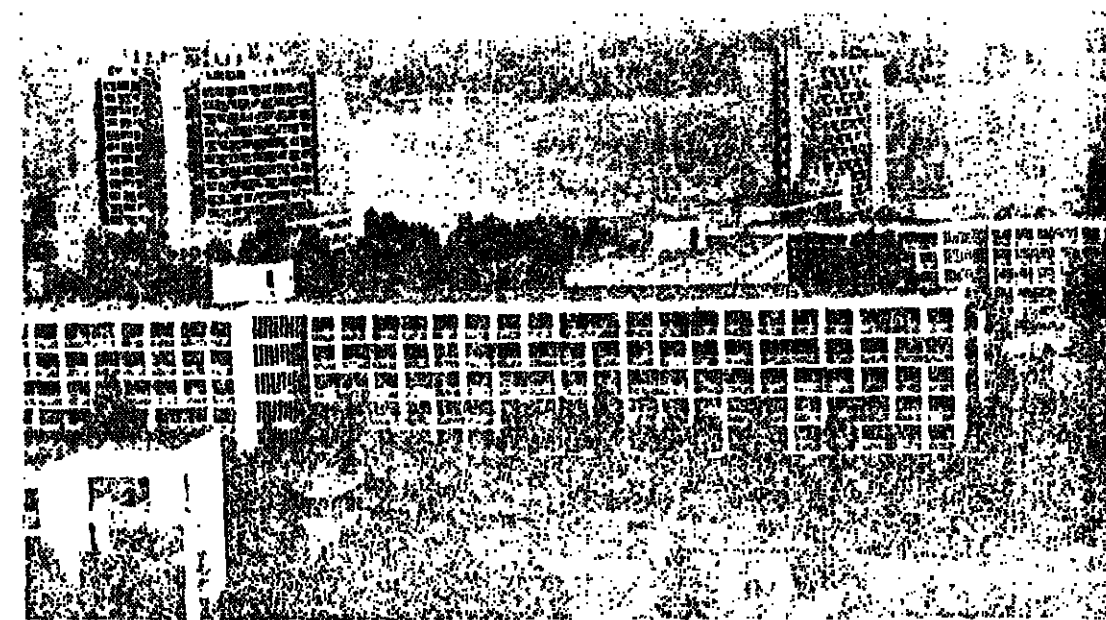
An important balneal sanatorium with test laboratories and functional explorations, installations for warm mud packings, plant and galvanic baths, underwater showers, a cinema, medical gym hall, geriatric wards, etc. ensure the treatment of affections of the locomotory system, gynaecological, dermatological, otitis, as well as diseases of the peripheral nervous system. It has many modern hotels, villas, camp grounds, restaurants, sports grounds, theatres. You can find here the famous Romanian restaurant called

oaktree forest (Comarov). Its hotels boast a varied architecture, remarkable through the suppleness and elegance of their silhouettes. Besides, there are villas, tourist villages, restaurants (offering Romanian dishes), theatres and cinemas.

The balneal polyvalence of the resort is opened all round the year, being furnished with state-of-the-art apparatus, wards for electrotherapy, and therapy, hydrotherapy, massage, medical gymnastics, geriatrics, treatment with Poll-Amor.

Two lakes (Noptian I and II) trained for aquatic sports, an indoor pool with heated sea water, sports grounds and a Luna Park amusement centre round off the multiple possibilities of recreation offered by the resort.

In the northern part of the resort is the Olimp area with its comfortable hotels, restaurants, dining various dishes, and bars.



fishes and a folklore programme).

● **MANGALIA**, the southernmost seaside resort (41 km away from Constanta) has a mild climate, with pleasant old houses alternating with the slim silhouettes of the modern edifices. The beach is vast and the elegant hotels are spread along the seawall. There are important archaeological vestiges, an archaeological museum and a house of culture.

The Mangalia treatment hotel, opened throughout the year, has a treatment base distributed on wards for therapy with sapropelle mud, pools. Institutions for treatment with sulphurous water, sections of hydrotherapy, medical gym halls, sections of geriatrics and acupuncture.

● **EFORIE SUD** is a resort sited in an area full of vegetation, with old houses and modern hotels, villas and camp grounds, strewn along a magnificent seawall. It provides treatment with therapeutic mud, while for recreation the resort has pools, sports grounds, etc.

● **JUPITER** has a welcoming beach near a forest, a real oasis of freshness. Elegant hotels, border the sea, while the two tourist villages (Zolnice and Liliace), the camp centre, the sports ground, and the pools round off the resort's dowry.

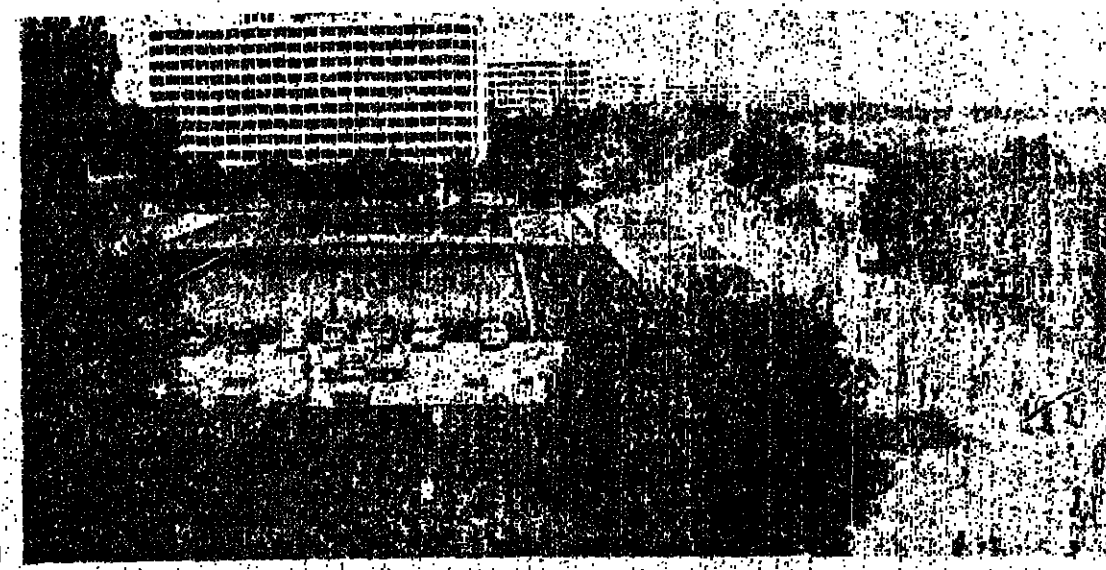
● **VENUS-VRISHA**. A great boom of tourism is in the architectural style of the fundamental presence of the sea. An ensemble of 10 hotels, housing names of prominent stars (Diamant, Săfer, Iulian, Ionuț, etc.) make up the Venus area. Here is a pavilion with two pools, a centre allowing for treatments with mesothermal sulphurous waters. It has sports grounds, shops and a famous restaurant, Calimni, offering Romanian dishes and a folklore programme.

● **COSTINESTI** is a locality traditionally organizing the youth's international camp every summer. Carnivals, camp games, various contests, create a youthful atmosphere.

THERAPEUTICAL RECOMMENDATIONS

● **FOR THE EXTERNAL CURE**: degenerative rheumatic affections (cervical dorsal and lumbar spondylitis, arthritis of various kinds); inflammatory rheumatic affections (articular states following chronic articular rheumatism or focus infections, ankylosing spondylitis, psoriatic arthritis, rheumatoid polyarthritis); rheumatic abarticular rheumatic affections (tenosynovitis, tendomyositis, tendoperiostitis, acropathological periarthritis); posttraumatic affections (posttraumatic articular states, physical states after operations on muscles, tendons, ligaments and bones, states after sprains, lacerations and fractures); peripheral neurological affections (post-traumatic pareses of limbs, polyneuropathy after the acute phase, polyradiculoneuropathy in the stage, sequelae after poliomyelitis); affections of the central nervous system (paraparesis after myelitis within three months from its debut, paraparesis after arachnoiditis); gynaecological affections (ovarian insufficiency, chronic cervicitis, chronic affection of the ovaries and the oviducts, secondary sterility, sequelae after genital TB two or three years after sterilization); dermatological affections; respiratory affections; associated affections (otorhinolaryngology, cardiovascular, endocrine, metabolic and nutrition, occupational diseases).

● **FOR THE INTERNAL CURE** (only at the balneal sanatorium in Mangalia): chronic affections of the digestive apparatus, chronic affections of the biliary ducts, certain metabolic affections and allergic diseases. Mention should be made that these resorts apply treatments with the Romanian original products Poll-Amor, Gerovital, Botell forte, Asialvit, etc.



TRADITIONAL ROMANIAN STYLE

ARPILEX Foreign-Trade Company is the sole exporter of Romanian leather goods - footwear, gloves, fancy leather goods, travelling bags, suitcases and the like, leather and fur garments - and supplier of raw materials - all kinds of furs and tanning chemicals - to the Romanian leather industry.

ARPILEX engages in trade on all continents: it has commercial relations with over 300 companies in more than 40 countries.

Every season we can offer you a wide choice of goods you certainly need.

IN WINTER

Velvet sheepskins, fur caps, expensive fur coats, high boots for men, women and children, ski boots, skate shoes, thick lined leather gloves.

IN SPRING AND AUTUMN

Leather garments - skirts, pants, jackets, coats - gloves, fancy leather goods, shoes for men, women and children.

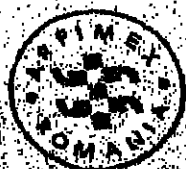
IN SUMMER

A wide range of sport shoes, gloves and bags to go with them as well as horse-riding leather goods - from saddle and harness to everything a rider needs.

A full travelling set for your holidays and a wide choice of light summer footwear, both casual and elegant.



ARPILEX • FOREIGN TRADE ENTERPRISE
ROMANIA • BUCHAREST IV 96 SPLAIUL UNIRII
TELEPHONE: 752876 • TELEX: 11472 • CABLE: ARPILEX



arpilex

FOR YOU ONLY!



FOREIGN TRADE COMPANY OFFERS YOU:

A WIDE VARIETY OF HIGH QUALITY GOODS

- Handicraftware, souvenirs, cosmetics, beverages, cigarettes, foodstuffs, sports items, garments, footwear, electronic equipment and household appliances, interior decoration items, furniture, cars etc.

PAYING MEANS

- cash
- credit cards, traveller's cheques, Euro-cheques
- bank transfers
- certified cheques

ADVANTAGEOUS PRICES IN CONVERTIBLE CURRENCY

PROMPT DELIVERY

A WIDE SHOPPING NETWORK IN

- Bucharest, Braşov, Constanţa;
- Recreation and balneal resorts;
- All border crossings
- The big cities of the country.



OUR ADDRESS:

COMTURIST • ROMANIA • BUCHAREST • GABRIEL PERI ST.
• CODE 70148 • PHONE 159730 • TELEX 11173 TURIST-R

FOR YOUR HEALTH, BIOMETRICS RECOMMENDS:

A rational dosage of nutritional factors to the end of ensuring man's clinical health presupposes the best possible knowledge of the constitutional type.

We shall present below correlations between rational nutrition and the data supplied by biometrics for the establishment of the fundamental biotypes. The purpose of these measurements is to help indicating the adequate diet for a certain subject.

The first, most accessible and compulsory measurement is that of somatic measurements, followed by functional, metabolic, biochemical and other measurements. We give below a hierarchy and contribution of each of the parameters to the establishment of the biotypes.

SOMATIC MEASUREMENTS

Weight is the most frequently used of all anthropometric evidence since its fluctuations are directly related to man's health condition.

Besides weight, height should be also measured; by the correlation of the two values, formulae can be established for computing the ideal weight in relation to age and sex.

IDEAL WEIGHT (IN RELATION TO AGE AND HEIGHT)

	men	women
age 18-25	$w = 50 + (h - 150) \cdot 0.7$	$w = 50 + (h - 150) \cdot 0.6$
over 25	$w = 50 + (h - 150) \cdot 0.75$	
	w = weight in kg	h = height in cm.

Taking into consideration the weight-height correlation, Pedro United four fundamental types in his classification: the sthenic and hyposthenic longiline types and the sthenic and hyposthenic breviline types. This classification is based on three elements: a) total mass (weight) - endomorph, mesomorph and ectomorph types; b) height - mesolonia and longiline types; c) body frame - sthenic and hyposthenic types. The correlation between weight and height have been confirmed by the statistical application of different indices to large series of subjects. Thus, in order to compute Devanport's index, weight is divided by the square height:

$VI = \frac{w}{h^2}$

Positive values indicate predominantly sympathetic nervous system reactions while negative values preponderantly parasympathetic nervous system reactions.

A high sympathetic tone (sympatheticotonic) is characterized, among other things, by high systolic pressure, fast pulse and a predilection to diabetes. The parasympatheticotonic type is characterized, among other things, by higher values of diastolic pressure and lower pulse.

ing classification of subjects very thin when $VI = 1.4-1.8$; thin when $VI = 1.8-2.1$; medium when $VI = 2.15-2.35$; fat when $VI = 2.35-3.65$; obese when VI exceeds 3.65.

FUNCTIONAL MEASUREMENTS

Correlating the values of diastolic pressure in mm (d) to pulse frequency (p), Korda suggested the utilization of the vegetative index:

$$VI = \left(\frac{d}{p} - \frac{1}{2} \right) \cdot 100$$

Positive values indicate predominantly sympathetic nervous system reactions while negative values preponderantly parasympathetic nervous system reactions.

A high sympathetic tone (sympatheticotonic) is characterized, among other things, by high systolic pressure, fast pulse and a predilection to diabetes. The parasympatheticotonic type is characterized, among other things, by higher values of diastolic pressure and lower pulse.

DAILY CALORIC NEEDS

These values are given by summing the necessities of basal metabolism, muscular effort, specific dynamic action (the amount of energy spent by the body to metabolize proteins, carbohydrates and fats).

Caloric needs within the food intake are related to one kg of ideal weight (somatic parameter).

Basal metabolism requires about 10-12 kcal/kg/day for a 70 kg adult needs 700-800 kcal/day. In the computation muscular activities, food

ingestion demanding additional energy consumption for digestion and assimilation (specific dynamic action) have not been considered. The specific dynamic action is low for carbohydrates and fats and high for proteins.

Thermoregulation accounts for 8-10 per cent of the basal metabolism effort demanding a normal consumption of 2,450 calories. If effort is made for a moderate

rate activity, 35 calories/kg/day are considered necessary. Given all the above considerations, we suggest a model of caloric and nutritive needs worked out on the basis of the results of biologic parameters measurements in drawing up the table we considered a weight of 70 kg and a moderate muscular effort demanding a normal consumption of 2,450 calories.

DAILY NEEDS IN RELATION TO BIOTYPE

needs according to WHO/FAO	sympatheticotonic type	parasympatheticotonic type
proteins	13-18%	15%
carbohydrates	55-65%	65%
fats	20-30%	20%
sodium	2-3 g	3 g
chlorine	4-5 g	5 g
potassium	2-3 g	3 g
calcium	0.5 g	0.7 g

In establishing the caloric needs, account was taken also of the value of the Korda vegetative index, which seeks to determine the constitutional type. In this context, a sympatheticotonic subject with a low tolerance for carbohydrates will need a sugar intake close to the interior limit of international standards. He will need a diet with more fat of vegetal origin (essential fatty acids). As regards the minerals, the diet will contain little sodium, little chlorine and more potassium.

We may conclude that in establishing a rational diet, the measurement of the anthropo-

metric parameters is a necessary but insufficient stage in determining the daily caloric and nutritive necessities of a subject. These measurements should be correlated with the vegetative index so that the amount of food should be adjusted in relation to the biotype.

Text contributed by
DR. VIRGIL
CONSTANINESCU
DR. VIORICA
D. Danielopol, Institute of Normal and Pathological Physiology,
Bucharest, 11, P. Bui Bld.,
phone 66 70.